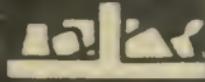


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## CONSUMERS' COUNSEL



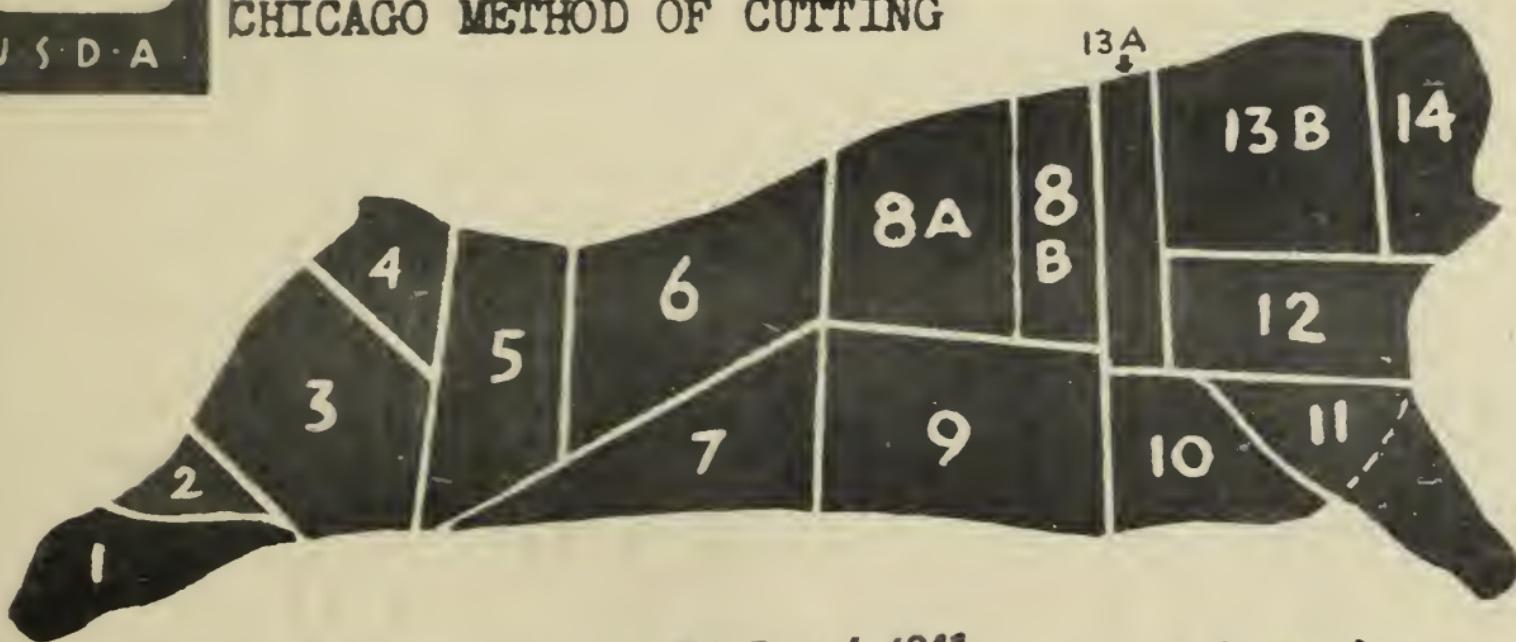
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**BEET**

# CONSUMER TIPS > >

## CHICAGO METHOD OF CUTTING



Library, U. S. Dept. of Agriculture MAR. 14 1941

(over)

## CUT

## USE

## Low-Cost Cuts:

1. Shank (including bone) . . .	Soup, stew.
9. Plate, fresh or corned . . .	Stew, boiling meat.
10. Brisket, fresh or corned . .	Boiling meat, stew.
11. Fore shank . . . . .	Soup, stew.
14. Neck . . . . .	Stew, mincemeat, meat loaf.

## Medium-Cost Cuts:

13. Chuck--straight cut:	
A. Chuck blade . . . . .	Pot roast, stew.
B. Chuck . . . . .	Pot roast, stew.
2. Heel of round . . . . .	Stew, pot roast.
3. Full round . . . . .	Minute steak, Swiss steak, pot roast, stew.
4. Boneless rump . . . . .	Pot roast, corned.
7. Flank . . . . .	Braised steak, stew.
12. Chuck round bone . . . .	Pot roast, stew.

## High-Cost Cuts:

8. Prime rib--7 ribs:	
A. Prime rib roast, 5 ribs	Roast.
B. Blade roast, 2 ribs . .	Roast.
5. Sirloin . . . . .	Broiled steak, roast.
6. Porterhouse . . . . .	Broiled steak.

## Other Edible Parts:

Heart . . . . .	Stew, stuffed, braised.
Kidney . . . . .	Stew, meat pie.
Liver . . . . .	Fried, braised, liverloaf liver paste.
Tongue, fresh, corned, pickled, smoked . . . . .	Boiled.
Tripe, fresh, pickled . . . .	Broiled, fried, creamed.
Oxtail . . . . .	Stew, braised, soup.